

Claims

We claim:

1. A method of increasing a high-density lipoprotein level in plasma in a postmenopausal woman comprising the step of administering a pharmaceutical formulation comprising calcium citrate at a therapeutically effective dose.
2. The method of claim 1, wherein the high-density lipoprotein level in plasma is increased at least about 5% in said woman.
3. The method of claim 1, wherein the high-density lipoprotein level in plasma is increased at least about 7.7% in said woman.
4. The method of claim 1, wherein the therapeutically effective dose of calcium citrate is equivalent to at least about 1 g elemental calcium.
5. The method of claim 1, wherein the pharmaceutical formulation comprises calcium citrate in an amount equivalent to at least about 10 mg elemental calcium.
6. The method of claim 1, wherein the pharmaceutical formulation comprises calcium citrate in an amount equivalent to at least from about 10 mg to 1 g elemental calcium.
7. The method of claim 1, wherein said administering is for at least about 2 months.
8. The method of claim 1, wherein said administering is for at least about 6 months.
9. The method of claim 1, wherein said administering is for at least about 12 months.

10. A pharmaceutical formulation for oral administration comprising calcium citrate at a therapeutically effective dose, wherein said formulation is administered to postmenopausal women for increasing a high-density lipoprotein level in plasma.
11. A method of increasing a high-density lipoprotein level in plasma by about 7.7% in a postmenopausal woman comprising the step of administering calcium citrate in an amount equivalent to about 1 g elemental calcium.
12. A method of increasing a ratio of high-density lipoprotein to low-density lipoprotein in a postmenopausal woman comprising the step of administering a pharmaceutical formulation comprising calcium citrate at a therapeutically effective dose.
13. The method of claim 13, wherein said ratio is increased by at least about 17% in said woman.
14. The method of claim 13, wherein said calcium citrate is in a quantity sufficient to provide at least about 1 g elemental calcium.
15. The method of claim 13, wherein said administering is for at least about 2 months.
16. A dietary supplement for a postmenopausal woman comprising calcium citrate in an amount sufficient to provide at least about 10 mg to about 1 g elemental calcium.
17. A method of producing a dietary supplement comprising the step of adding calcium citrate in an amount sufficient to provide about 10 mg to about 1 g elemental calcium to a diet of a postmenopausal woman.
18. A method of supplementing a diet comprising the step of orally administering calcium citrate in an amount sufficient to provide at least about 10 mg to about 1 g

elemental calcium to a postmenopausal woman, wherein said administering increases a high-density lipoprotein level in plasma of said woman.

19. The method of claim 18, wherein the high-density lipoprotein level in plasma is increased at least about 5% in said woman.
20. The method of claim 18, wherein the high-density lipoprotein level in plasma is increased at least about 7.7% in said woman.
21. The method of claim 18, further comprising administering for at least about 12 months.

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